

Below are the SEPTEMBER 2018 HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!



Important News From HealthQuest

Onsite Flu Clinics Begin September 11th

Flu season can start as early as October. The flu shot takes approximately 2 weeks to become effective. It is important to get your shot early to ensure protection before flu season actually occurs. All active employees and spouses, 18 – 65 years of age who are covered under Plans A, C, J, N and Q of the State Employee Health Plan (SEHP) are eligible for a flu shot at no cost. Everyone must register as a NEW USER! When creating an appointment at www.occuvax.com the Ship To ID is **4610** and Access-Code is **NDYxMA==**

For more information such as the schedule and how to create an appointment go to:

<http://www.kdheks.gov/hcf/sehp/FluShotClinicInformation.htm>



OPEN ENROLLMENT FOR 2019

Information about the Open Enrollment for 2019 and the State Employee First Look at Webinar schedule are posted on the State Employee Health Plan website at: <http://www.kdheks.gov/hcf/sehp/PY2019-Info.htm>. This year will be an active enrollment and all employees will need to make their health elections during Open Enrollment in the Membership Administration Portal (MAP). Watch for more details coming soon.

2018

September

Disease Prevention, Awareness,
and Management

How to Avoid Cold & Flu Germs

1. Check Your Calendar

You're most likely to come down with a cold or flu-like symptoms between September and May. The "flu" can be any number of viral illnesses caused by a variety of sources, however, you should time your influenza vaccination to make it more effective. It will take two weeks for the protection to start.

2. Have a Sneezy Pal? Keep Your Distance

Cold and flu germs pass through the air from person to person. When a sick person coughs, sneezes, or talks, tiny drops of mucus hit the air. Those droplets can spread out to about 6 feet.

3. Keep Towels Separate

You wouldn't share a tissue with someone, but most of us forget that bathroom towels harbor germs too.

4. Moisten the Air

If the air in your home or workplace is very dry, germs will stick around longer. Run a humidifier to make it harder for illness to spread.

5. Sanitize Surfaces

Germs can live on hard surfaces like doorknobs and keyboards for up to 8 hours.

6. Lather Up

Wash those bugs right off of your hands. Use warm water and soap, and scrub your hands for at least 20 seconds.

7. Take Care of Yourself

To help your body fight off cold and flu germs, you'll want to get enough rest, exercise, and stay at a healthy weight.

I Would Walk 500 Miles

Step Challenge

September 19 - October 17

To compete in the challenge you must take 10,000 steps a day.

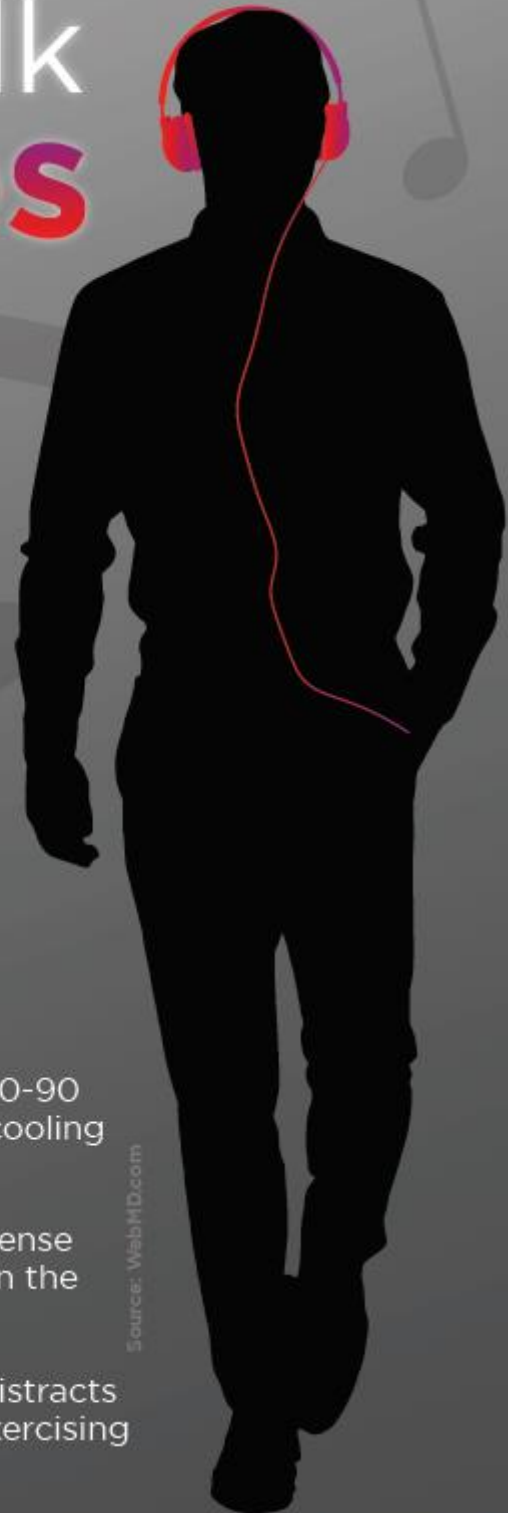
Credits will be awarded for 75% completion of the challenge goal (52,500 Weekly/210,000 Total).

Music could make your workout better by helping you last longer and enjoy it more.

Choose songs that mirror your heart rate, depending on the level of exercise.

- Slower songs that have tempos within the 80-90 bpm range for when you're warming up or cooling down
- As you pick up the pace to a moderately intense level, listen to songs that have tempos within the 120-140 bpm range
- Fast music, especially, can help because it distracts you from getting tired or wanting to stop exercising

Source: WebMD.com



Questions?

Please contact HealthQuest at 1.888.275.1205, option 3, or HealthQuest@Cerner.com.



4 credits / \$40 HRA/HSA dollars

To join the challenge – log on to the HealthQuest portal and use the challenge bar to sign up.

<http://www.kdheks.gov/hcf/healthquest/challenges.html>



Want to Get Involved?
Join the Wellness Champion Network

The Wellness Champion Network consists of more than 100 volunteers representing different agencies across the state and we're always recruiting new champions to join the team! We meet on the second Thursday of each month at 11:00 am via web and audio conference for about 45 minutes. We highlight activities that different worksites are doing for idea sharing and invite outside speakers to share programs and resources with the group. This viral approach helps to make wellness more visible and motivate employees to adopt healthier lifestyles.

DO YOU:

- Have a passion for wellness and helping others?
- Want to make a difference and promote wellness to your co-workers?
- Want to share ideas and experiences with wellness champions at other locations?
- Wish to build your skills as a leader?
- Have availability to meet monthly for 45 minutes via webinar?

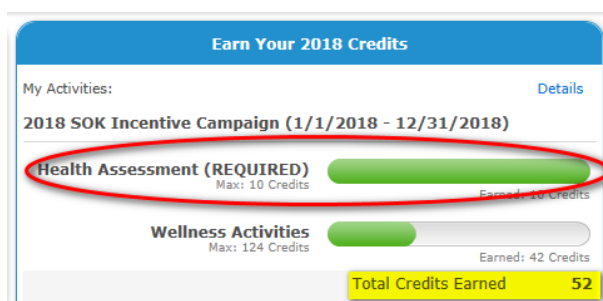
To volunteer, please complete and submit the pledge and data sheet below. If you have questions, please contact the [Wellness Plan Coordinator](#).

Have you Earned your 2019 Rewards?
Only 4 MONTHS LEFT to earn your HealthQuest
2019 Premium Incentive!

All Health Plan Members you have until 12/31/2018 to Complete the Required Health Assessment for 10 Credits and Earn 40 TOTAL Credits to Receive the 2019 Premium Incentive Reduction.

Plans C, J, Q and N Members have until 11/19/2018 to Earn Credits to Receive HSA/HRA funds. Credits must be posted by 11/19/2018 to count for contributions. Remember it takes 50 TOTAL Credits to max out your HSA/HRA Contributions.

To Verify you have Earned your Reduction – Check your Homepage. Under “Earn Your 2018 Credits” make sure the top bar is SOLID GREEN and the TOTAL Credits is 40 or greater.



Secrets to Self-Motivation

We can do anything we set our minds to. But sometimes it can feel like our brains are working against us when it comes to achieving our goals. Plans to learn a new skill, to get in shape or to save money keep getting pushed back in the hopes that the Future You will handle it "someday." Your attitude and beliefs about your likelihood of success can predict whether or not you actually succeed. If you actively keep your internal motivation high, you can significantly increase the likelihood of achieving your hopes, dreams and visions of your future.

<https://register.gotowebinar.com/register/6436610725636210179>

1-888-275-1205 OPTION 1, **EAP Website** www.guidanceresources.com (web ID: SOKEAP)

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Here's our Fall lineup:

- **Does BMI really work?**

Body Mass Index (BMI) is a tool widely used by health professionals to determine whether or not a person's body weight is within healthy range relative to their height. But is BMI the best predictor of health? (Here's a hint: it's not.)

Thursday, August 30 | 11:00-11:20 AM Central

[Register now.](#)

- **Who's weighing you down?**

You've lost weight and people are noticing. Most of your friends and family are ecstatic over your success, but a few aren't as supportive as you'd like. In fact, they may even be sabotaging your progress. Join us as we discuss the role saboteurs play in stalling your success and how to deal with them.

Thursday, September 27 | 11:00-11:20 AM Central

[Register now.](#)

- **Is exercise making you fat?**

The benefits of exercise seem limitless. But can exercise also lead to weight gain? The answer might surprise you.

Thursday, October 25 | 11:00-11:20 AM Central

[Register now.](#)

Can't make the dates above? Register anyway to receive the recording.



Save Smarter with SmartShopper

We've got a smarter way to save on your medical care. With SmartShopper, a program you already have, we put the savings into your pocket. The SmartShopper program makes it easy to save money and earn cash rewards when you shop for medical care. Simply schedule your appointment at a cost-effective location. You'll save on out-of-pocket costs, and once you have your procedure, we'll send you a cash reward of up to \$500.

Shop smart with SmartShopper online or call your Personal Assistant Team (PAT). PAT can help you shop for a procedure, make the best choice for a location and get you the maximum reward. SmartShopper helps you shop smart about your medical care. Be a smart shopper today!

Earning cash with SmartShopper is as easy as:



1. SHOP by
phone or online



2. GO to a
cost-effective location



3. EARN up to
\$500 in cash rewards

Getting started with SmartShopper takes only minutes – simply call your SmartShopper Personal Assistant Team, available Monday – Thursday 8AM – 8PM and Friday 8AM – 6PM, at 866-820-6426 or visit bcbsks.com/state to activate your account and start shopping.

SmartShopper makes it easy to shop and save on medical care and gives you the choices and information you need to make the best care decisions.

WHERE YOU GO FOR
CARE MATTER\$



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Back to School Is Expensive.

Your Kids' Medications Don't Have to Be.

If you have school-aged children, you're either in full-blown back-to-school mode or just recovering from it!

You know it can also be an expensive time of year. According to last year's *Deloitte Back-to-School Survey*, the average spending per child for school supplies was \$104 and \$284 for clothing and accessories. Throw in computers and other electronic gadgets and the average spend was another \$561 per child. For parents with kids on regular medications, those prescriptions are an often-forgotten item in the back-to-school budget.

Often these are medications to treat attention deficit or asthma and must be supplied to the school nurse's office. If you've only had to have them on hand at home for the past three months—or could skip them through summer—now you're looking at one or more refills.

This time of year, Rx Savings Solutions sees a lot of site traffic and Pharmacy Support team calls about common pediatric prescriptions. And for good reason: The average savings opportunity across ADHD and asthma medications is \$194 per child, per fill!

Have you seen how much Rx Savings Solutions can save YOU?

It's a free service available to all SEHP members. It only takes a minute to activate your account. Search for the "Rx Savings Solutions" app on Google Play, Apple's App Store or access online at myrxss.com.